



Extra Bulletin 1

U3A National Office has made a number of suggestions as to how U3As can keep their members in touch with each other and with their groups over the next few weeks and months. One of these is to increase the number of bulletins which we are happy to do ...and here is the first one.

Thank you to Helen Pearce, Alison Hillman, Joyce Garland, Rosemary Rumana, David Burkitt, Mary Moss and Chris Haigh-Smith for responding to our appeal for content and for their suggestions. PLEASE PLEASE keep the content coming .

We are very willing to pass on "local "and/or national information but please do not see this as a recommendation for the business or service

KEEPING CALM

The meditation group have shared a link to You Tube for a fifteen minute Corona Virus Meditation by Michelle Goldstein. It is called Anxiety relief Meditation and is specifically related to keeping calm in the face of the virus. <https://youtu.be/DbMXUC1xMJc>

You can find the meditation at <https://youtu.be/Ensign>

They also recommend a free App called Insight Timer that offers meditations on a number of common issues and sends messages of hope and positivity. Go to your App store and type Insight Timer into the search facility. You should find the app easily from there.

GROUP CONTACTS

Please update your group pages to reflect which activities have been put on hold or postponed and with detail of any virtual groups you are setting up. Please feel free to use your page to share photos and comments during this time. We will try to offer some support for those of you who wish to run the group "remotely". For example Painting and Drawing all painted at home on Wednesday and then shared their work via a video conference.

It would be lovely if you could keep in touch with your group over the next few weeks. Please use Beacon if you want to email.

MUSIC

Music is known to be uplifting and to have a positive effect on people's mood.

We are looking into ways of sharing music we enjoy through streaming with perhaps some commentary but in the meantime if you enjoy singing or playing an instrument why not enrol for the **Great British Home Chorus**? Gareth Malone was also inspired by the videos showing locked-down Italian citizens singing operatic choruses and popular songs in harmony and so Gareth Malone's Great British Home Chorus initiative was born.

Register today. Rehearsals start next week.

Visit [decca.co./greatbritishhomechorus.com](https://decca.co.uk/greatbritishhomechorus.com) and follow the links.

A WRITING PROJECT

U3A members are being asked to help craft a shared learning project where they create living history of this extraordinary time. This project is a living history of members' experiences during the 2020 coronavirus pandemic.

Please write your contribution (or you are free to use other media such as pictures) and send it to diary@u3a.org.uk. National Office will publish a selection on the national website. Further details at <https://www.u3a.org.uk/>

LEARNING

There are dozens of free **Massive Open Online Courses** (MOOCs) to suit all interests available on line.

Visit www.mooc-list.com and you will see the enormous variety on offer.

MU3A have had some involvement with MOOCs and we tried courses from www.futurelearn.com. These come highly recommended. You could learn Norwegian, research the novels of Jane Austen, learn about the weather or advanced pre-calculus to name but a few. The content includes a range of resources including video with a chance to extend your knowledge with further linked reading or to comment on the course.

Some of History 1 are following a course on Hadrian's Wall. The course lasts for six weeks and it is recommended that 4 hours a week should be spent on it.

Let us know if you try any of the courses.

Other sources of MOOCs are

www.southampton.ac.uk/courses

www.york.ac.uk/study/moocs

The World's Easiest Quizor is it?

1. How long did the Hundred Years' war last?
2. Which country makes Panama hats?
3. From which animal do we get cat gut?
4. In which month do Russians celebrate the October Revolution?
5. What is a camel hair brush made from?
6. The Canary Isles are named after which animal?
7. What was George VI's first name?
8. What colour is the purple finch?
9. Where are Chinese gooseberries from?
10. What colour is the black box in commercial aircraft?

Answers in the next bulletin.

GARDENING

Many members have a keen interest in gardening and it's a great way to get outside into the fresh air and do something constructive and rewarding.

Why not enter the MU3A "Before and After" garden, window box or pots challenge. Take some photos now and be ready to take some more in 3 or 4 months when, if our activities have not started up again, examples can be shared via the website.

DON'T BE A VICTIM OF SCAMMERS

Superintendent Lis Chapple, the Met's lead for Crime Prevention, Inclusion and Engagement, said: "We are seeing communities across London rallying together to help each other through this unprecedented public health crisis, and what is a difficult time for many. However, there are a small number of unscrupulous people out there who see it as an opportunity to con others for personal gain.

"Please take a moment to think about who you are speaking to, what you are agreeing to and what you may be clicking on online. If it seems too good to be true, it probably is."

STAY SAFE

EXERCISE

Something else that good for improving your mood is exercise. A brisk walk in the park or woods is good for body and soul and spring is around the corner.

If you are missing your regular classes then You Tube has many examples of yoga, Pilates or Tai Chi that you could try. If you find a good example please share it via the bulletin. As with all forms of exercise be careful and go easy to start with.

Chair Challenge- a couple of times a day.

An easy exercise for general strength, mobility and balance.

Sit on a dining room style chair with both feet firmly on the floor. Stand up and sit down again ...you can use your arms if you need to. Try to do 5 on the first day and gradually build up to 15 without using your arms.

Digital support team

Many of the things suggested in this bulletin rely on members being able to use IT with a degree of confidence. If you are knowledgeable with IT could you join our support team? It would be good to have some written guidance about how to install an App, use Facetime or Facebook, set up a video conference safely etc.

Can you help? Please reply to this email if you can.



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

1 Make a plan to help you keep calm and stay in contact

2 Enjoy washing your hands. Remember all they do for you!

3 Write down ten things you feel grateful for in life and why

4 Stay hydrated, eat healthy food and boost your immune system

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys